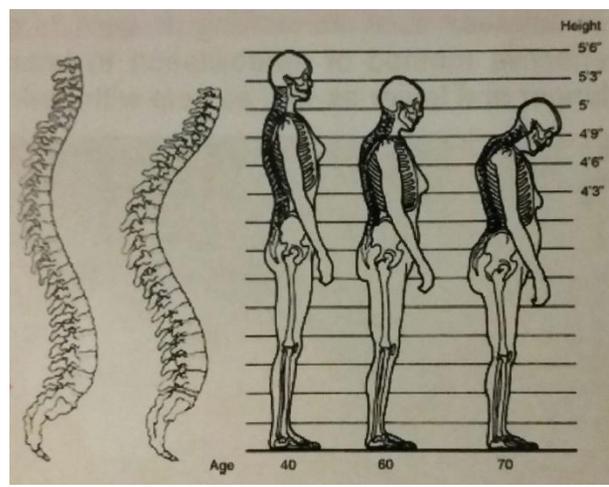
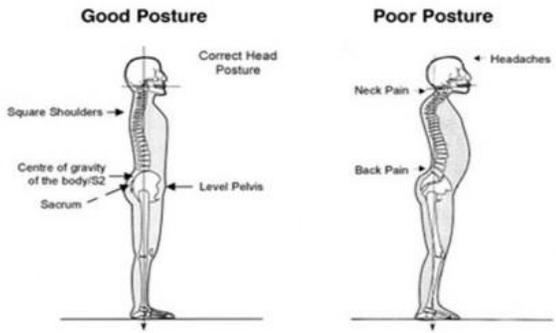


Good vs Poor Posture

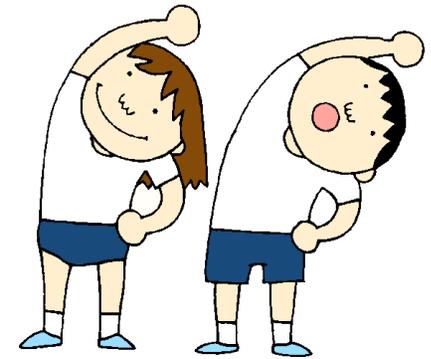
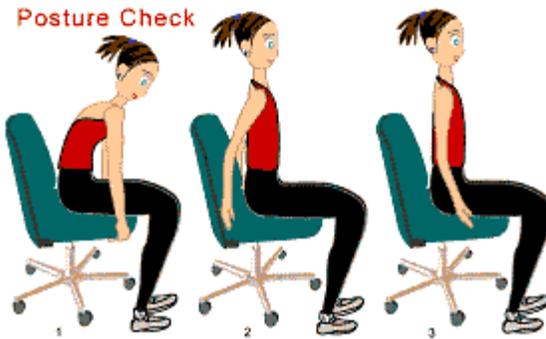
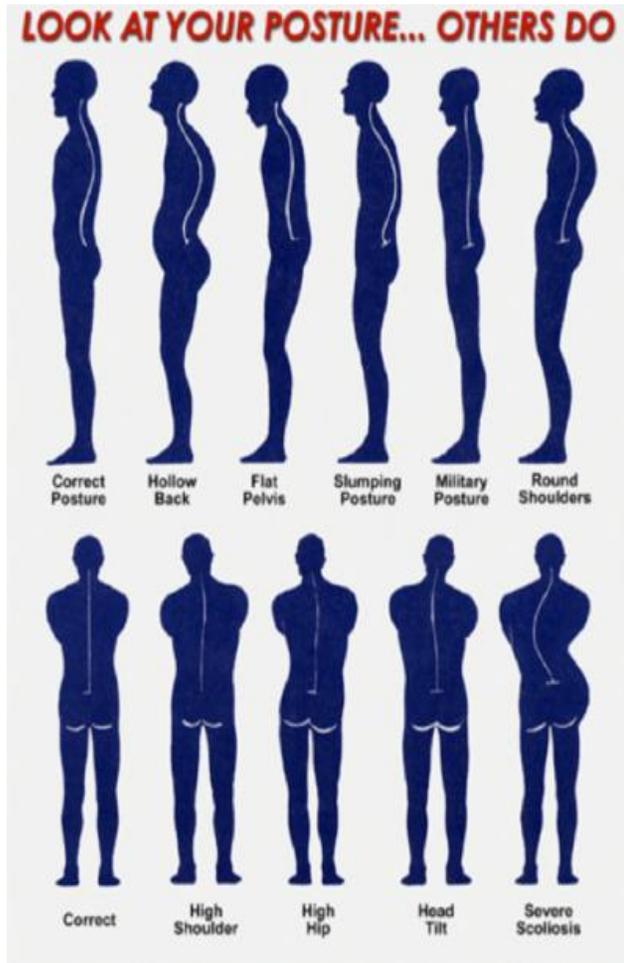


SIT UP STRAIGHT!

A GUIDE TO GOOD POSTURE IN SITTING AND STANDING

<p>Bad posture</p>	<p>Good posture</p> <ul style="list-style-type: none"> Chin parallel to the floor Ribs lifted up from the hips Abdominals tight Knees soft Weight distributed evenly 	<ul style="list-style-type: none"> Back of the neck long Correct pelvic tilt
---------------------------	--	--

Are you doing any of these...?



Good Posture:

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces.
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents backache and muscular pain.
- Contributes to a good appearance.

To Achieve Good Posture You Will Require the Following:

- Good muscle flexibility
- Normal motion in the joints
- Strong postural muscles
- A balance of muscles on both sides of the spine
- Awareness of your own posture, plus awareness of proper posture which leads to conscious correction.

With practice, the correct posture for standing, sitting, and lying down will gradually replace your old posture.

The exercises involve moving and strengthening the muscles in various parts of the body like the neck and shoulders – areas that are easily neglected on an everyday basis. For example, the first exercise stretches and strengthens neck muscles to keep our heads up instead of drooping towards our chests.

These exercises also have interesting names like “Turtle” or “Hold Your Horses,” which not only evokes a smile, but helps remind us of what the simple exercise is all about.

Having proper posture not only helps us look better, but keeps us feeling younger and stronger. It strengthens us both physically and mentally. Doing these daily movements also helps us stand and walk in a balanced manner, thus preventing accidental falls and slips.